

# Weight-loss Wellness Plan for Mrs. Example

Personalized products, diet and exercise protocol attached

## Products (3)

MediBolic \$71.00

**Suggested Use:** 1 Scoop(s) Twice Daily

In addition to a complete multivitamin-mineral, MediBolic contains vegan protein and fiber (hydrolyzed guar gum) for supporting healthy blood sugar levels and a sense of fullness.\* Specialty herbal and nutrient additions (e.g., cinnamon, jambolan, green tea, resveratrol) support metabolism, thermogenesis (fat burning), maintenance of healthy blood sugar, and fat metabolism.

FloraMend Prime Probiotic \$46.00

**Suggested Use:** 1 Capsule(s) Daily

FloraMend Prime Probiotic contains stable probiotic strains to promote overall digestive and immune health.\* It resists destruction by stomach acid needs no refrigeration. One of the primary species in FloraMend is *Lactobacillus gasseri*, which found in a human study to result in an average 4.6% reduction in visceral and subcutaneous adipose tissue with accompanying positive effects on body weight, waist circumference, and body mass index.\* Healthy levels of Bifidobacterium might also provide protection against weight gain, particularly in childhood.\*

Super EPA \$38.00

**Suggested Use:** 1 Gelcap(s) Daily

Omega-3 fatty acids help support a healthy inflammatory response in adipocytes (fat cells).\* Inflammation of fat cells has been implicated in obesity. Omega-3s also help maintain healthy levels of cholesterol and triglycerides.\*

## Diets (4)

Eat lean protein

**Suggested amount/frequency:** 1 palm-size serving With each meal

**Sources:** Fish, chicken, beef

Lean protein has a low glycemic index, helps build lean muscle mass, and helps keep you satisfied longer.

Other sources: eggs, legumes, Greek yogurt, tofu

## Eat vegetables/Fruits

**Suggested amount/frequency:** 1 serving With each meal

**Sources:** Kale, strawberries

Vegetables and fruits are oftentimes high in fiber, have a low glycemic index, help improve satiety, and are low calorie.

Other sources: Raspberries, cauliflower, spinach, brussels sprouts, zucchini, broccoli

## Eat nuts and oils

**Suggested amount/frequency:** 1-2 tablespoons daily

**Sources:** Coconut oil, almonds

Limit due to high fat, high calorie; good fats like olive oil associated with weight loss by increasing adiponectin, improving body composition.

Other sources: Olive oil, ghee, flaxseed oil, sesame oil, cashews, pecans, peanuts

## Drink water and no-calorie beverages

**Suggested amount/frequency:** 1/2 body weight in oz. daily

**Sources:** Filtered water, black coffee

Besides helping you feel full, water helps you flush toxins from your body. And, it also can actually boost your metabolism, improving your fat burning efforts. Water also improves the function of your muscles, necessary for the exercise portion of your weight management plan.

Other sources: Spring water, unsweetened sparkling water, unsweetened teas

## Activities (3)

### Sleep

**Suggested amount/frequency:** >7 hours daily

Lack of sleep can harm metabolism and promote weight gain.

### Strength training

**Suggested amount/frequency:** 30 3 times a week

**Sources:** Squats, push-ups

Strength training builds lean muscle mass which can burn more calories at rest.

Other examples: Using resistance bands, using free weights (e.g., bicep curls), using weight equipment at a gym (e.g., leg curls)

## Relaxation techniques

**Suggested amount/frequency:** 20-30 minutes 4 times a week

**Sources:** Stretching and breathing practices

proper form and mindful breathing exercises will help strengthen the core and reduce the stress hormone cortisol that is associated with obesity.